

Theory 1: 30 minutes

What? am I doing here

The course and people
Role of the Lifeguard

Theory 2: 30 minutes

What is? the lifeguard role

Communication
Equipment

Theory 3: 60 minutes

What? about the pool

Pool Designs
Supervision and Scanning
Equipment

Theory 4: 60 minutes

What? are the considerations

Rescue Techniques
PTSD
Roles in the environment
Bather types and observation games

Theory 5: 30 minutes

What? does the body do

Theory 6: 60 minutes

What? about special activities

Special Activities
Specialist Equipment

Theory 7: 60 minutes

What? about the legalities

Risk assessment
PSOP
Laws that affect the role

Theory 8: 120 minutes

What? is a PSOP

NOP
EAP
PRESENTATIONS

Theory 9: 30 minutes

What? next

The exam
After the NPLQ
Evaluation

CPR 1: 60 minutes

What if? the person is unconscious

DRSAB
Checks
Turning a casualty
Action for Vomit
Recovery Position
Top to toe
Phoning EMS

CPR 2: 60 minutes

What? affects the brain

Epilepsy
Head Injury

CPR 3: 60 minutes

What if? there is no signs of life

CPR

CPR 3: 60 minutes

What if? it is a child/baby

Child CPR
Baby CPR

CPR 4: 60 minutes

What? is there to protect me

Pocket Masks
Problems with CPR
Introduce AED

SCIM 1: 30 minutes

What if? there is a spinal cord injury

Recognition
Types of Injury
Principles of casualty management

SCIM 2: 30 minutes

What if? there is a spinal injury in the water

Team work and stabilisation
Log roll
Introduce Spine Board Theory

SCIM 3: 60 minutes

What if? a spinal casualty is not breathing

Opening airway

WATER 1: 120 minutes

What if? there is an incident in the pool

Personal safety, defences
Casualty Recognition
Land based rescues
Entries/Exits
Introduce Timed Swims

WATER 2: 120 minutes

What if? there is an incident in the pool

Lift outs
Unconscious Casualties
Towing Techniques
Introduce SCIM

WATER 3: 60 minutes

What? about SCIM in the water

Spine Board

WATER 4, 5, 6: 270 minutes

Recap
Mock Exam

FIRST AID 1: 60 minutes

What if? there is an incident

First Aid aims and Priorities
Principles of Hygiene
Diagnosis

FIRST AID 2: 60 minutes

What if? the body goes wrong

Negative effects on heart, lungs, brain and respiration
Heat and Cold Injuries

FIRST AID 3: 15 minutes

What if? someone chokes

FIRST AID 4: 15 minutes

What if? there is an eye/dental injury

FIRST AID 5: 60 minutes

What? about medical conditions

Angina
Anaphylactic Shock
Diabetes
Epilepsy
Asthma

FIRST AID 6: 15 minutes

What? are work based dangers

Chemical Burn, Electric Shock

FIRST AID 7: 60 minutes

What if? there is an injury to the body

Fractures, Soft tissue injuries, Cramp, Dislocations
Bleeding, Bandages

REVISION SESSIONS: 120

PROGRESS PAPERS: 120

Our promise of Excellence:

At the end of the course you will be assessed by an assessors on:

1. Pool Theory
2. Pool Rescue and Timed Swims
3. The ability to carry out suitable treatment promptly and effectively on an unconscious casualty and perform CPR on adult child and baby casualties. Theory questions on CPR.
4. The ability to carry out First Aid to a wounded casualty promptly and effectively. Theory questions on First Aid.

The candidate must pass all four aspects.

At the end of the course there will be the chance for you to evaluate the training, assessment and venue.

We constantly review the standards of our training but if there are any concerns during your course please consult your trainer with any worries you may have about your performance, or the quality of the course or the assessment. This will ensure that your course can be effective and enjoyable to optimise your learning experience.

If the actions undertaken are not satisfactory or you would rather not approach your trainer directly then please contact INTERNAL VERIFIER at the address overleaf or contact:

IV@whatiftraining.co.uk

Still have more questions? Contact:

training@whatiftraining.co.uk

**WHAT IF?
TRAINING**

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**WHAT IF?
TRAINING**

NPLQ

Course Outline